

Tahoma Pool

Spring '03

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:30 am	Lap Swim					
8:00 - 9:00 am	School District Lessons					
9:30 - 10:30 am	Aquarobics TM	Low Impact Exercise & Deep Water Exercise	Aquarobics TM	Low Impact Exercise & Deep Water Exercise	Aquarobics TM	
9:30 am - Noon	Lessons					
Noon - 1:00 pm	Lap Swim & Public Swim*					Noon - 1:00 pm Lap Swim and Family Swim*
1:00 - 2:00 pm	Lessons	Water Therapy and Lessons	Lessons	Water Therapy and Lessons	Private Lesson Available	1:00 - 2:00 pm Public Swim
2:30 - 4:00 pm	Advanced Training Classes					2:00 - 3:00 pm Public Swim
4:00 - 7:00 pm	Lessons				Private Lesson Available	3:00 - 7:00 pm Rentals Available
5:30 - 7:00 pm	King Aquatic Club					
7:00 - 8:00 pm	Public Swim & Deep Water Exercise & Drop-in Diving	Public Swim	Public Swim & Deep Water Exercise	Public Swim	Public Swim	
8:00 - 9:00 pm	Lap Swim				Public Swim	Sunday 1:00 - 6:00 pm
8:00 - 9:00 pm	Drop-in Swim Training & Aquarobics TM	Water Jogging & Aquarobics TM	Aquarobics TM	Water Jogging & Aquarobics TM	Public Swim	Rentals Available

021203 mh

- Children under 6 years of age must be accompanied by an adult in the water at all times.
- Family Swims require an adult in the water directly supervising all children under 18 years of age.
- Programs may be changed, combined, or share the pool to assure maximum convenience and pool use.



This material will be provided in alternative formats upon request.



King County

Department of Natural Resources and Parks
Parks and Recreation Division

Tahoma Pool

18230 SE 240 Street
Kent, WA 98042
Phone: 206-296-4276
TTY Relay Service: 711
www.metrokc.gov/parks



Monday/Wednesday Tuesday/Thursday

Mar. 24 - Apr. 16 Mar. 25 - Apr. 17
Apr. 21 - May 21 Apr. 22 - May 22
(Daytime lessons)
May 28 - Jun. 18 May 27 - Jun. 19
(Evening Lessons)
May 28 - Jun. 25 May 27 - Jun. 26

Registration begins up to three months before the start of the class. See *Registration Policy*.

PRIVATE LESSONS

Get extra help on a specific skill or just more individual attention. Please ask.

EXERCISE PROGRAMS

- **DEEP WATER EXERCISE.** One of the most complete aerobic and muscle toning workouts available. This is a drop-in program.
- **WATER JOGGING.** Increase your endurance and fitness level with this intense deep water workout. Buoyancy equipment is provided.
- **LOW IMPACT WATER EXERCISE.** A drop-in water aerobics and water walking program for men and women. No swimming required.
- **WATER THERAPY.** A drop-in water exercise program conducted in chest depth water using various equipment. A perfect class for those in need of simple, low impact exercise.
- **AQUAROBICS.**TM Registration required. Call 425-883-0475 or 1-800-817-8988.

Spring Schedule 2003
Mar. 24 - Jun. 22, 2003

We will be closed:
Mar. 17-23 Maintenance
May 24-26 Memorial Day

RECREATIONAL SWIM SCHEDULE

All days, dates, and times are subject to change.

Lap Swimming

M - F 6 - 7:30 am
M - Sa 12 - 1 pm
M - Th 8 - 9 pm

Public Swimming

M - F 12 - 1 pm
Sa 1 - 2 pm
Sa 2 - 3 pm
M - F 7 - 8 pm
F 8 - 9 pm

Family Swimming

Sa 12 - 1 pm

Exercise Classes

M, W, F (Aquarobics) 9:30 - 10:30 am
T, Th (Low Impact) 9:30 - 10:30 am
T, Th (Deep Water) 9:30 - 10:30 am
T, Th (Water Therapy) 1 - 2 pm
M, W (Deep Water) 7 - 8 pm
M, W (Aquarobics) 8 - 9 pm
T, Th (Water Jogging) 8 - 9 pm
T, Th (Aquarobics) 8 - 9 pm